



President – Karen Mellor
Vice President – Robyn Secrett
Treasurer – Edith Lee
Secretary - Ursula Sulatycki-Holloway
Life Member – Barbara VanHeythuysen
Denice Ryan
Karen Mellor
Kym-Louise Whalan
Carole Murray
Ursula Sulatycki-Holloway

Dear Parent and Student,

We are pleased to welcome you into the Top End Calisthenics Club family. We are sure that together, we will enjoy developing your dance, strength, flex and technique and fuelling your passion and enthusiasm for Calisthenics.

Please take a moment to look through this Welcome Pack that outlines all of our Club's information which is designed to assist our new participants and their families to have an understanding of how our club operates and to answer any questions you may have.

We ask you to accept the waiver in the parent portal and complete the **2020 NTCA Participant Membership Form** and return it to your class coordinator at your earliest convenience. This form can be found on the parent portal under shared files or your class coordinator can provide this form to you.

Feel free to contact us if you have any questions, concerns or require additional information.

We look forward to seeing the progress of your child and their team throughout the year.

Warm regards,
Karen Mellor
President
Top End Calisthenics Club Inc.

Phone: 0408 843 302

Email: dance@topendcalisthenics.org.ua

Calisthenics is everything!

Welcome to Top End Calisthenics Club Incorporated

Top End Calisthenics Club Incorporated (“Tecci”) has been operating as a Club since 2006 however Top End Calisthenics was first opened by Barbara VanHeythuysen (“Miss Barb”) some 37 years ago. The Club has enjoyed a great deal of success during this time and has gained a positive reputation of being a friendly and enjoyable club. Our club has a strong support base and committed coaches who will strive to ensure your child has a most enjoyable experience. We encourage personal development through the support of the skills program and strive for success through our teamwork.

What is Calisthenics?

The word ‘Calisthenics’ is derived from Greek words ‘kallos’ (meaning; for beauty) and ‘thenos’ (meaning; for strength). Calisthenics is a uniquely Australian sport that incorporates light gymnastics, theatrical dance, march, song and the use of apparatus such as rods and clubs to create performances that involve timing, leadership, rhythm and flexibility. As a sport, Calisthenics aids in improving coordination, flexibility, posture, balance, mobility and self-esteem, as well as providing an excellent source of exercise and general well-being. Initially, Calisthenics was considered a female sport, however many clubs now see the introduction and participation of boys into the sport as well. There are different levels of Calisthenics, with some clubs being for recreational purposes only, however “Top End” operates at the competitive level within each section and promotes a healthy competition for both its teams and individuals at the Graceful Solo and Duo championships. Calisthenics at the competitive level requires beautiful, fancy and comical costumes and leotards. (Costumes are outlined in following sections.) Successful competitions are worked towards during the first two thirds of the year, however the prime objective of “Top End Calisthenics Club” is on enjoyment, fun and social interaction between our participants.

Committee & Volunteers

Top End Calisthenics Club is managed by a small group of dedicated parents who are committed to ensuring each participant and coach is considered and that all who participate have an enjoyable experience. The purpose of the Committee is to discuss issues relevant to the club as a whole and make informed decisions that all at the club feel are in the participant’s best interests. The committee endeavor to meet once a month where we encourage open, casual and honest discussions in an effort to improve the club and continue its’ success. The club will endeavor to publish meeting dates and times for all General Meetings by posting on the website, Facebook and newsletters. We value your input and all members are welcome and encouraged to attend meetings.

Our Coaches

Top End Calisthenics Club is fortunate to have a small group of enthusiastic and dedicated coaches and assistants to guide your child/yourself in the art of Calisthenics. Most of our talented coaches have been students of our Club. All of our coaches are fully qualified Level 1 Calisthenics Coaches recognized by the Australian Calisthenic Federation and have a Senior First Aid Certificate and Ochre Card. Our coaching team is friendly, caring and an integral part of the success of our Club. We understand that at times you may need to speak to the coach responsible for your family member and to do this you should arrange a time through your class coordinator. The most appropriate time to communicate with your Coach is prior to or at conclusion of your session time. If this time is not convenient however, speak to your Class Coordinator about making an alternate time to discuss any issues you may have.

First aid

All of our Coaches have a minimum of Senior/Level 1 First Aid Training and “the Club” is equipped with a First Aid Kit for Accident and Emergency Use. Please ensure that if there is any condition / allergy, etc. relating to your child, that the Coach is fully aware and has had a conversation with you regarding the same. It is very important that any injuries, even if they are minor, are reported to the coordinator in charge of your group immediately. All members are required to complete the Medical Information Form.

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NTCA (Northern Territory Calisthenics Association)

NTCA is the parent administrative body responsible for the development and promotion of Calisthenics within Northern Territory. “Top End Calisthenics Club” is a registered member of NTCA and complies with all NTCA policies, procedure and guidelines. Each participant of “TECCI” must be registered with NTCA in order to be covered by Personal Accident and Public Liability Insurance and to be eligible to enter competitions. Registration with NTCA involves a yearly fee (set by NTCA), which covers participants at class, competitions and performances. NTCA have an informative website: www.ntcalisthenics.org.au



Registration

All TECCI participants must be registered with Northern Territory Calisthenics Association-NTCA. Registration Fee covers NTCA Insurance for each of the participants together with the Club’s registration fee which assists with trophies and administration of the Club. Registration Forms must be completed by the participant or guardian together with Medical Information and the Privacy Statement. TECCI accept and are registered for the School Sports Voucher Scheme.

Constitution

Our Constitution is available to view on our website www.topendcalisthenics.org.au on our policies and downloads page. If you have any questions regarding the Constitution, please feel free to seek the assistance of the Committee.

Club Communication

The Club uses DanceStudio-Pro, an on-line Portal for parents/members. Once you register and setup an account, you will have access to all your class and club information. We hope this will be a more manageable and efficient way of communicating with you all. We endeavor to make sure that all our families, especially the newer ones, have the information that they need for the purposes of Calisthenics and their child. We welcome any suggestions for our Club Information and Newsletter via an email to dance@topendcalisthenics.org.au or via our Facebook page.

Codes of behavior

Our club has issued guidelines in relation to codes of behavior of all participants, parents and coaches and administrators. The club will appoint a designated person who will deal with any issues that may arise. Any matters relating to Member Protection will be dealt with by the NTCA Member Protection Officer. Be mindful that when you are in public, you are representing “Top End Calisthenics Club” and your behavior reflects in the same manner upon the club. Positive behavior promotes a positive perception of “TECCI”, whilst negative behavior promotes a negative perception of “TECCI” and what the club stands for.

Remember: A Smile and Courtesy Costs Nothing 😊

Resolution of Conflict

We like to consider our club as a family orientated environment and we like to think that all of the participants and family members will get along well within the realms of Top End Calisthenics Club. Occasionally however, incidents may arise that cause conflict either between members of the club or members may disagree with a protocol or policy. If this situation arises, we would encourage any involved parties to resolve any issues in a relaxed and friendly manner, personally. “Top End Committee” individuals are extremely approachable and accepting of any concerns you may have. Please feel free to approach committee members to discuss any concerns. All complaints however must be put in writing to the Committee.

Club Policy

Tecci adhere to all NTCA & ACF Policies and they can be viewed on the NTCA & ACF Websites. Our Club Policies are available to view on our website www.topendcalisthenics.org.au refer to the policies and downloads page. TECCI is proud to be a Good Sports Club – having achieved level 3.

Competitions

“Top End Calisthenics Club” is a competitive club that does participate in Competitions each year. The Competition schedule is:

- Graceful, Solo & duos – May (date available on the website)
- Team Competitions – mid September (date will be advised by the NTCA)

Competitions give everyone an opportunity to view our participants’ hard work. Competition time can be a very rewarding and tiring experience for competitors and their families, so it is recommended that nutritious and energy enriched food and drink items are packed to consume at competition time, for both competitors and families attending. Competitions can range from 4 hours to a full day for the older competitors, so food preparation and supply is important. Spray-tans are required for Juniors and Intermediates, hair and make-up will be done at a pre-arranged venue prior to the competition and your class coordinator will advise the time and place you will be required to attend. It is advisable to make a list prior to Competition time, of all of the items that your child requires for competitions, so that any chance of leaving anything behind is minimised. Competition time is a hectic one for most and it is easy to leave something at home in the rush. Checklists prove an invaluable tool for many. As a general rule, most costumes and headgears remain in the possession of the Class Costume Coordinator. Due to restrictions in place by venue management, smoking, flash photography, video cameras and mobile phone use are strictly prohibited. Flash photography may be used outside the auditoriums (i.e. in grounds outside).

The emphasis is on fun and enjoyment. Success at Competitions is varied, and although exciting and rewarding, winning is not the prime objective. We wish all of our competitors the very best at each of their competitions and encourage them, most of all, to thoroughly enjoy the experience of performing on stage and competing.

Competitions assist in confidence building and reinforce what it means to be part of a team. At competitions, it is also rewarding for the many months of classes, private practice and sacrifice. It can be a chance for friends and family to be present to show their support and encouragement to the participant. Competitions are an excellent way for the participants to meet and socialize with other teams, parents, coaches and families. A team must have a minimum of eight (8) participants to compete and points can be deducted if participants are missing. Therefore, competitions are compulsory for all team members. Understandably, emergency or unavoidable situations will arise, so prompt communication must occur with your coach and/or coordinator, to minimise disruption to your team.

“Tecci” promotes the fun and enjoyment of performing at competitions and not only the winning aspect. Participants are encouraged to do their very best, learn and improve and grow in confidence with their Calisthenics. At all competitions, participants are representing “Tecci” and at all times must adhere to the Codes of Behaviour Policy. All participants must be neat and presentable and well-behaved. Participants should be dressed in full official club uniform at competitions and should conduct themselves in a professional manner, which reflects positively upon “Tecci”.

There is a fee associated with competitions, the fees will be advertised by the NTCA. The club is charged an entry fee per team and per participant, those fees are already incorporated into your registration fee.

Competition requirements

You will need the following for competition time:

- A Pen to write down competition results.
- A small pen torch if desired to see in the auditorium/theatres
- A Club Polo Shirt (compulsory)
- Easy slip on or off shoes, such as scuffs
- A Fitting skin tone Body Suit for underwear use or G-string as advised by your coach

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- Your Rod & Clubs
- The Club will supply the hair and makeup supplies, however you may be required to bring your brush
- Spray tanning (not for sub-juniors) at own cost approx. \$25
- Tickets for competitions - The competitor obviously, gets their admission without cost, however all audience members are required to pay to enter
- A good night's sleep.
- A Positive Attitude

Team Selection

Calisthenics is a team sport and every team member's presence and participation at "Tecci" is vital to the overall result achieved. As in all teams, each individual member has the ability to contribute and bring various qualities to the team performance. The Coach is best placed to identify these strengths and components and thus comprise the best team possible to achieve the highest overall performance. Team selection is therefore the exclusive privilege of the coach. Questions regarding how individual participants may improve their skill level are encouraged and should be addressed through your coach at the appropriate time. The saying stands true:

"A champion team will always defeat a team of champions"

Stage Rehearsal

Prior to the commencement of Competitions, the Club usually has a stage rehearsal approximately several weeks prior to the competitions. Stage Rehearsals are a useful tool for the Coaches, so as to see how each item appears on the stage and for the participants to get a feel for working on stage settings. For some of our participants, this may be the very first time they have been on a stage and can be a very exciting experience. Stage rehearsal times, dates and venues will be forwarded when deemed necessary.

Costumes

Costumes are a necessary part of our Calisthenics Club. The Coaches put a lot of time, effort and thought into the designs of their costumes. All leotards remain the possession of "Tecci" and must be returned at the end of the Annual Concert. Some costumes are sewn for the team members by our Costume Manager at a minimal cost, however we are often seeking extra assistance and volunteers. Sequinning, trimmings, headgears, etc. generally remain the responsibility of the team. We all have different talents, some sew better than others, whilst some may be of assistance in cutting out patterns, etc. As a team, the mothers also help each other. If you are getting snowed under or unsure of what to do next, let one of your team-members or Class Costume Coordinator know so that we can all help each other. At times, you may need to purchase such things as tights, Jiffies or shoes, etc. to accompany your designated costume. Such purchases remain your property and do not need to be returned to the club at any time. It is suggested that all shoes to be used on stage have a "Spreadsole" covering to prevent slipping. See your Costume Coordinator for details.

It helps to **"Think Outside The Box"** when it comes to costumes. If you are unable to sew, perhaps you have an Aunty, Grandparent, Neighbor, etc. that would be happy to sew.

"Many Hands Make Light Work".

Make-up policy

At Tecci we adhere to the recommendations of ACF to keep the sport looking as wholesome as possible. Some people in public who do not understand Calisthenics do find our participants offensive when they see them out in public with their hair, make-up and tan on and some wrongly believe that we are entering our girls into fashion parades and over sexualising the girls, without knowing what our sport is all about, etc. For this reason, we comply with the request by ACF to remove all face make-up before leaving our competition venues. This way if anyone needs to stop off at the petrol station, supermarket, etc. on their way home or we decide to pop out as a group for a celebratory lunch at McDonalds, etc. we are not judged

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by uninformed public, therefore protecting the sport that we all love. Cheap make- up wipes will do the trick in a jiffy before we leave the competition, etc.

Hair & Makeup

To prepare the teams on competition days, they generally meet at a location (advised by coordinator) to get ready, this involves the application of makeup, eyelashes (not for subbies) and their hair and makeup is also done. The Club purchase these in bulk which will alleviate parents finding the right items.

Fees

Club Registration fee covers Website maintenance, Online Portal, Storage for costumes and props, Newsletters, Administration, Trophies/Medals, Bookkeeping, Insurance and other associated running costs.

There may be additional fees for any extra training classes prior to competitions which are to be met by the participants. Class fees are based on known costs such as coaching fees, venue hire, costumes, competition fees and hair and makeup costs. The Club do very well at keeping costs to meet our budget, however we may at times require some additional fundraising.

EFT PAYMENTS TO
Top End Calisthenics Club - BSB: 035311 Account: 155907
Our online portal will accept Credit Card and Pay Pal
We accept School Sports vouchers

Awards

Each year the Coaches from each section nominate participants to receive awards at the Annual End of Year Celebration. Awards are given in consultation with the Executive Committee and accommodate any given year at the discretion of the Coaches and Committee.

Website & Facebook

Top End Calisthenics Club has created a fantastic website for all members and for interested persons wishing to join our Club: www.topendcalisthenics.org.au We are keen for anyone to make suggestions about improving the website and welcome all feedback. Our participants love checking the website to see new features and recommendations to their friends. You will also find updated information on our Facebook page. We encourage healthy posts and discussions on the Facebook page.

Communication

Our usual way of communicating with you is via our [online portal](#) and [email](#). We often post information on [Facebook](#) and our [Website](#).

Electronic communication

We live in an age where communications are in almost every household and used by more individuals than that. They are a very big part of most of our lives in one way or another. ACF have a policy with regards to Electronic Communications such as Facebook, Email, SMS, Myspace, certain internet forums, etc. and we at Top End adhere to this policy. We are very mindful of educating our participants about the correct use of such forms of communication media, etc. and to not participate in cyber bullying or other negative postings that may affect the real person on the other end of this communication.

Viewing Sessions

Whilst we encourage the participation of our families, the Coaches have found that the participants concentrate and perform better if they have minimal distraction. Having the participants' undivided attention makes coaching easier and more time efficient for our Coaches. It is for this reason that we ask that parents do not stay during class time. Each coach will however set aside some time for viewing, i.e.

last half hour of class at the end of each month. We understand that during the initial settling in phase, (which will no doubt differ from participant to participant) parents may feel more comfortable to be within sight of their child. The Coaches are your child's best guide when it comes to the coaching of your child and will do their best to accommodate the individual needs of each participant. If there are any concerns, talk to your Class Coordinator or coach.

Class Attendance

The aim of each section is team effort, therefore to maximise this team spirit, it is important that team members attend classes on a weekly basis and on time for the commencement of their class. Please notify class coordinators if you are unable to attend any of the classes. Regular class attendance is the key to bonding and competition preparedness.

Collection of Participants

The safety and well-being of any participant of the Club is of utmost importance and it is for this reason that all participants under the age of 18 must be collected from each class by a responsible parent/guardian or adult sibling or family member. If for any reason your child's method of transport home changes, please notify your class coordinator prior to the commencement of class. If for any reason there is an emergency and you are unable to collect your child, please contact the class coordinator A.S.A.P. to make alternative arrangements for your child to get home safely.

Sibling Participation

Our Club as mentioned previously is a family orientated club and welcomes the interaction of all family members. Siblings are more than welcome to join in on any fun days, parties, etc. that the Club conducts. The responsibility of the siblings of any participant are directly the parents of that child however. We are happy to accommodate colouring books, paper, etc. for children to keep them amused, however please ensure that your child's behaviour is appropriate and reflective of the environment the child is in. If siblings are disruptive they will be asked to leave the room. Thank you for your understanding with this and all look forward to a positive family environment from all families.

Class Dress Code

Tecci has a dress code for practice sessions, the minimum is:

- Black sleeveless Leotard with optional footless leggings.
- No baggy or loose clothing (for safety reasons)
- Hair to be tied back, in bun and no fringes

Equipment:

- Clubs & Rods (not tinies or missies), Aesthetic skirt, Water bottle

Leotards and Aesthetic Skirts can be purchased from Dance World. Dance World has a large range of dance wear and we recommend you visit the store. We thank Tina McCourt for her generous support to our Calisthenics participants. See Tina at **DANCE WORLD** 6 Charlton Court Winnellie, ph: 89819398 or mobile: 0411510410.

Team Coordinators

Each Class has a nominated Class Coordinator, who is decided upon by Committee Members. This individual is in charge of providing information to you about the section and on costuming, collecting monies, assisting coaches with their needs etc. All our Class Coordinators are volunteers and are in this position for theirs and our children. Our Class Coordinators have a WWC Clearance (Ochre Card). Please be understanding that they have a very important job to do and at times they too can get very busy. Your Class Coordinator is your first port of call if you have any queries.

Calisthenic Skills

Our Club encourages the progress of our students with skill level exams which are available to those participants who wish to progress further with their Callisthenic ability. Skills Exams are conducted in November of each year. Cali skills are an examination system set by the Australian Calisthenics Foundation (ACF) and organized by the NTCA. Students are required to learn set routines, using correct terminology, techniques and knowledge used within the Calisthenics syllabus. These skills and knowledge are beneficial to all pupils as an aim to improve overall Calisthenics technique. Skills levels benefit the pupils learning and abilities in calisthenics on many levels. Pupil skills are a prerequisite to be eligible to compete in Calisthenics Solo and Duo Competitions and also to enroll into the cadet course and further to become a Level 1 Coach. All details regarding dates, times, practice sessions for skills, venues, etc. will be advised later in the year.

Graceful, Solos & Duos

Graceful, Solo & Duo Competitions are conducted by the NTCA in May of each year. Pupils wishing to perform solos are required to have achieved a certain exam level, which is also dependent on the participant's age. Physical solos comprise of free exercise, gymnastic movements, flexibility and ballet dance steps choreographed to music. Graceful solos comprise of aesthetic movement, ballet and flexibility choreographed to a piece of music similar to ones used for aesthetic team work. Pupils undertaking solos must show complete commitment and dedication to their teamwork before they can participate in solos.

Please refer to our Policy for Solos ask Class Coordinator or view on our Website

Fundraising

The running costs for TECCI far exceed the fees charged and we rely heavily on fund-raising to minimize your cost. Our Club is a "Not-For Profit" Organization. Fund-Raising is an important part of any organization and this is no different for TECCI. In order for us to keep your fees, etc. at the lowest that we can, we do rely on fund-raising done by you throughout the year. We are always looking for something different and unique, to implement as a fund-raiser so we welcome any ideas or suggestions from you. Please endeavor to support our fundraising events. If we can all do our little bit, it makes a big difference to the club as a whole.

Props

Do you have a special skill or artistic ability, experience in building or access to materials such as wood, paint, etc.? Our coaches will decide each year if they wish to have props for any of their items on stage. If you have any hidden talent in the construction, decoration and/or transportation of these props and would like to be involved, let your coach/class coordinator know.

Volunteers

"Top End Calisthenics Club" is a family club that is always grateful for any services that members and their families can provide. If you feel you would like to volunteer for any assistance, either during a special event or just week to week, the club would greatly appreciate your support. Sometimes a unique idea that you may have, may set the wheels in motion for a greater impact upon the club.

Cyclone Policy

As the majority of our training venues are held in school facilities our Club will follow the advice issued by the individual schools to the Executive Committee of our Club. The club will then advise all class coordinators if classes are to be cancelled and information will be posted on our Facebook page. Classes will only be cancelled if the Darwin Region is placed on a "cyclone warning" and the advice issued by the Government is that a cyclone is imminent and a threat to Darwin and the Rural areas.

End Of Year Party

Each class may have individual celebrations for their team after the competitions in September, further details will be provided by your class coach and coordinator. The Club will be holding an awards presentation evening where we will recognize individuals for their achievements. Further details will be advised once finalized. For tinies and future stars classes we will hold a separate mini concert followed by a fairy tea party – details will be advised in Term 3.

Term 4

The club are currently reviewing how we operate in Term 4. Term 4 is mostly dedicated to participants learning skills for the skills exams in November. Further details and information regarding skills classes will be advertised in Term 3. The club have decided not to have a Term 4 this year and only concentrate on skills.

Merchandise

Available for purchase through the Club - **ORDER FORMS** are on our website or you can obtain an order form from your class coordinator. Orders Forms can be emailed to: dance@topendcalisthenics.org.au



THANK YOU for choosing “Top End Calisthenics Club”. We trust your time with us will be lengthy and enjoyable. We hope you establish many new friendships, both participants and families. We aim to provide you with an environment that will allow you to share in experiences that are rewarding and fulfilling. As with many of our families to date, we hope you grow with the club and make it an extension of your own family as well as improve and enhance your Callisthenic ability. Please do not hesitate to ask further questions of anyone if we can help further.

Contact Details:

Website: www.topendcalisthenics.org.au

Email: dance@topendcalisthenics.org.au

Parent Portal: <https://dancestudio-pro.com/online/topendcali>

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Also find us on [Facebook](#)